



In-Person Gym Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 8:30 am		7:30 – 8:30 am		7:30 – 8:30 am
9:30 – 10:30 am		9:30 – 10:30 am		9:30 – 10:30 am
11 am – 12 pm		11 am – 12 pm		11 am – 12 pm
12:15 – 1:15 pm		12:15 – 1:15 pm		12:15 – 1:15 pm
5:30 – 6:30 pm	5:30 – 6:30 pm		5:30 – 6:30 pm	

All In-Person classes include aerobic exercise, resistive training, stretching, and relaxation.

Online Zoom Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 10:15 am Cardio Fit	9:30 – 10:15 am Cardio Fit	9:30 – 10:15 am Cardio Fit	9:30 – 10:15 am Cardio Fit	9:30 – 10:15 am Cardio Fit
11 – 11:45 am Chair Aerobics		11 – 11:45 am Chair Aerobics		
	3 – 3:40 pm Strength, Stretch, & Balance		3 – 3:40 pm Strength, Stretch, & Balance	
5:30 – 6:15 pm Cardio Fit		5:30 – 6:15 pm Cardio Fit		

Cardio Fit classes include aerobic exercise, resistive training, stretching, and relaxation.